



HCM NEWS

Fun, friendship, fitness ...
www.hcmswim.org.nz

Harbour Capital Master Swimmers Inc
August 2009

BARRY'S BIT

Thanks to Nicola Jackman we now have a volunteer to co-ordinate the gathering of articles and assembling this first Newsletter for 2009. Quite a lot has been going on over the past 9 months and your committee are always looking for ways to do things better. So, if you have any suggestions, just have a chat to one of us.

On that note, the AGM was held in March. There were only 18 members in attendance and it is disappointing to see so few attend our AGM. Anyway, thanks to Simon, Vanessa, Margie, Peter and Alison for volunteering to be your committee for the coming year. You will find a copy of the Minutes on our club web site at http://www.hcmswim.org.nz/images/2009_AGM.pdf.

We currently have a membership of 85 with our average age being 47. I only know that because I was asked the question from a prospective new member. I regularly get emails from people enquiring about the club; which goes to show that our website is doing its job.

Once again, this year we will be holding our own Chocolate Fish swim meet. Please see below for details. This is a fun time with no pressure on anyone. For those who have never swum in a competition, this is your chance to "have a go" and see how much fun it can be. You are only swimming against your own time and it doesn't matter if you win your race or not. Vanessa will be sending an email to you all in due course with the entry form attached.

Well, that's enough from me, I hope you enjoy reading the articles,

Barry



UPCOMING EVENTS

Wed 2nd Sept 2009. Back to Kilbirnie pool. Swim times will resume as:
Wed 7-8pm - then adjourn to the Brentwood for a drink and a chat.
Sat 7.30-8.30am - then Breakfast in the pool café
Sun 7pm - 8pm

Sat 26 Sept 2009 HCM Chocolate Fish swim meet
Venue - Tawa Swimming Pool
Warm-up 4.30pm
Dinner at the Porirua Club 7pm
Cost \$10.00 for swim plus \$35 for the dinner.

6th - 8th November

North Island Short Course Champs - Gisborne.
There is a 1.5KM sea swim on the Sunday afternoon.
See our club website for details.

Fri 4th December

Put this date in your diaries for the HCM Christmas party.

For more on what's going on around NZ, see the NZMS web site at
http://www.nzmastersswimming.org.nz/upcoming_events/upcoming_events



Fast Lanes in Thorndon

Various mutterings of temporary retirement and freezing temperatures could be heard amongst HCM swimmers in the lead up to June 15th, when the Kilbirnie Pool shut down for maintenance and club trainings switched outdoors to Thorndon Pool.

The Thorndon Pool opened in the 1920's and there was rumour that Ronnie, as a young lad, baked cakes for the bake sale used to raise funds to open the pool.

However, the chill turned out not to be so bad, with the pool averaging 28 degrees most sessions. We just had to cope with the cold air temperature. It even came with some upsides- we seemed to swim further as no one wanted to get cold standing around. Most popular was the post-swim spa (averaging 39 degrees) where, on one occasion, eleven soaked at a time (accompanied by a cascading stream of over-flowing water). Andrew, not the most prompt starter of sessions, often stretched his pre-session spa out until half past, and was usually one of the first back in 30 minutes later. The spa has become so popular in fact that it seems to have been the venue for at least one committee meeting.

Other than that, not much else has changed, Haydn still reckons he is going to get really fit any week now, Ronnie still says things that are better off left inside his head, underwater challenges are still had, Margie's determination hasn't abated, and Tony is still alive. In fact so popular has Thorndon been, that most seem to be feeling regret that we will soon have to head back to Kilbirnie.

Nicola Jackman

Mid Winter Swim June 20th

On the 20th of June some hardy souls from the Masters ventured off to Freyburg Beach for the annual HCM mid-winter swim. After already braving the elements for the morning session at Thorndon, they eschewed the delights and comfort of heated water and headed for the sea. To aid the recovery mulled wine was prepared al fresco by Ali, Jon, Pete and Sheryl. Some preferred to warm themselves in body and mind with the aid of Joe's hip flask before the swim. We got changed into our togs and were counted down (not quickly enough for some!) for the start of the swim.



The 'swim' commenced with a sprint to the sea followed by plunging in and completing six strokes, turning and swimming back to shore. The coldness of the water enabled all to achieve PBs for swimming 20 metres! A sprint back up the beach was rewarded with towels and cups of mulled wine. This helped start the recovery, which was completed with a spa at the Freyburg Pool and a buffet lunch at the Grand Century Chinese Restaurant.

Ali Rowe



Long Course National Championships- 13th-15th March

After all the organising committee's months of headaches and hard work, the 36th New Zealand Masters Long Course Nationals went off with barely a hitch in March. Over 160 swimmers from all over the world converged on Kilbirnie for what turned out to be a true celebration of fun and fitness.



The much-valued timekeepers. Which leaves the question: 'what's caught Jim's attention?'

Everything kicked off on Friday night with the long distance events and most of the registration. While swimmers were met with the cheery faces of Suzi, Lis and Joanne – busy handing out goody bags and bananas – everyone else

was kept busy swimming, timing or flipping lane counter charts. Notable HCM swims in the first session came from Vanessa Young, Bianca Edwards, Peter Vaughan and Tim Shaw in the gruelling 1500m while Nicola Jackman, Margie McKee and Margaret Fairhall tackled the 800m. Everyone was also impressed by 92-year-old Kath Johnstone of North Shore, completing the 1500m in just over an hour, and the world record broken by Masterton swimmer Kirsten Cameron in the 1500m.

After a good night's sleep it was back to the pool bright and early on Saturday for the sprintier events. Mayor Kerry Prendergast opened proceedings with an amusing speech encouraging everyone to go and spend money in Wellington and explaining how she had to learn to swim to do the ocean race.

A minor delay occurred while the touch pads were put in, but the session moved on smoothly. HCM swimmers seemed to be everywhere, in and out of the pool. Wins came from Bill Walsh, Nicola, Sheryl Mitchell, Alex Brunt, Peter Shanahan, Cathy Cooper and Margie. Margie was also, briefly, the New Zealand record holder for the women's 55-59 400m IM until her nemesis went and beat her time in the next heat. Both Nicola and Peter Cullen braved the 200m fly and everyone else was glad to be sitting watching and not racing them!

The first relay session went well for HCM as we dominated the pool, fielding four mixed teams in both the medley and freestyle events. The medley team of Chris Daughney, Milton Bevin, Margie and Vanessa won the 160-199 age group.

All of a sudden it was lunchtime and we were kept busy handing out packed lunches to hungry swimmers and officials. Such was the organisation there were even some left over for pool staff, who had been doing a sterling job keeping an eye on all the competitors.

During the afternoon session HCM's oldest swimmers Jim Drummond and Grant McKee performed admirably, creating new nationals records in the 200m backstroke and 50m freestyle respectively and making us all hope we're as fit at their ages. Chris, Milton, Bill, Peter Cullen, Nicola, Barry Lake, Margie and Vanessa all won events, adding to the points total for the club. Of particular note was the final heat of the 50m free, in which Andrew, Martin and Ryan all swam 27-second races – Andrew and Martin picking up the golds in their age groups and Ryan a bronze.



The winning Wellington Flying Squadron relay team (L to R) Martin Kaulback, Kirsten Cameron, Nicola Jackman, Andrew Griffin, Rebecca Perrott (Absent: Ryan O'Neill)

Once again the relay teams performed well. The women's 120-159 years medley team of Nicola, Sheryl, Joanne and Vanessa blitzed their opposition to storm home first, closely followed by Jenny Pearl, Cathy, Margie and Margaret who were second in the 200-239 age group. On the men's side the 160-199 team of Martin, Ollie Langridge, Tim and Simon Henderson were third behind Manukau and South City.

We were all done nice and early, time to go and catch a few winks before the evening's entertainment at the Brentwood. Around 90 swimmers and swimmers' partners had turned out for the Dine and Dance – the dining being

excellent and the dancing enthusiastic to the sound of Now & Then (the band pinched from Levin after one of their legendary meet parties). Barry persuaded fit and feisty Kath Johnstone on to the floor for a brief boogie, and the infamous HCM dance circle formed and reformed for a long time after everyone else had given up and gone to bed.

Not quite enough sleep was remedied by a few cups of coffee the next morning at the pool, ready for the final session. With sprints interspersed by longer events and a few more records broken everything went quickly, Sheryl, Geoff Taylor, Bill, Jim, Margie, Andre, Martin and Grant picking up more gold medals along the way.

The final relay session capped a successful meet for the home team. Women's freestyle quartet of Vanessa, Nicola, Margie and Joanne held off Levin and Manukau to come home first. Out of the four men's' teams, Ryan, Milton, Chris and Andrew proved the strongest, finishing just four seconds adrift of the 120-159 years national record. In the 160-199 age group, Ollie, Martin, Tim and Simon beat Masterton to the gold medal with David, Barry, Bill and Alex coming in third. There was also bronze for the 200-239 team of Hamish Allardice, Roger Moroney, Peter Shanahan and Geoff.

We were left with just the "Flying Squadron" inter-regional relay, featuring no fewer than four HCM swimmers – Nicola, Andrew, Martin and Ryan – together with Kirsten Cameron and former HCM member Rebecca Perrott. It had been a while since the Capital region had won the coveted trophy but this year victory was in little doubt, secured with a comfortable seven-second win over the Southern region. The meet ended with prize giving, including the Top Club trophy to HCM by a massive margin.

Plenty of warm comments were received from competitors about the smooth running of the meet and the organising committee – Barry, Sheryl, Tony, Suzi, Jim, Lesley, Haydn, Cathy and Sarah – should be thanked and congratulated for all their hard work.

Joanne Harris



Accepting the Top Club Trophy are Margie McKee and Hamish (he's so camera shy) Allardice

“I Will Survive”: Tony Hickmore’s Dramatic Year.

When I first joined the club last year Simon delighted in telling me about this man who had managed to swim and have a heart attack simultaneously. I was quite impressed.

Unfortunately, on January 3rd Tony had a further, far more serious, cardiac arrest and is only with us due to the valiant efforts of his rescuers, in particular lifeguards James Davids, Alyssa Kingi and Alistair Collow. “It’s called sudden cardiac death, where the heart revs up to about 300 beats a minute and then just stops dead,” says Tony, “The only way that you can be brought back to life is through defibrillation - shocking you into it.” What makes his rescue so much the more amazing is that his heart actually stopped for 15 minutes, yet he’s suffered no brain damage (although Alex may beg to differ).

After a stay in hospital, with Suzi at his side, Tony was fitted with a fancy gadget called an Implantable Cardioverter Defibrillator (ICD) so that if it happened again, the ICD would automatically shock him back to life. Now he appears to be well on the road to recovery. The Heart Foundation was so impressed they now use his story to inspire people to donate money to them. It’s great to see Tony back in the pool and as determined as ever with plans for further achievements.

Adapted from published pieces by The Heart Foundation and The Kapiti Times – Nicola

How many river crossings can a group of swimmers make during a day on the Orongorongo track?

Club walk 19th July

It could have been a summer tramp given the great day that presented itself for the Harbour Capital Masters walk into the Orongorongo Valley on Sunday 19 July 2009, but it was the middle of winter.



The following keen HCM members took to their boots:



Barry Lake, Sheryl Mitchell, Nicola Jackman, Lyle Mason, Margaret Mckee, Haydn Wilton, Peter Shanahan, Peter Haines, Vanessa Young, Elisabeth Hewitt, Alexander Brunt and Jenny Harper, plus 3 honorary club members that included Alex’s cousin and two friends.

The tramp started at 9am with everyone meeting at the Wainuiomata Catchpool carpark, although the club member who lived the closest (and shall remain nameless) was the last to arrive fifteen



minutes late. The plan was to go along the five-mile track to the Orongorongo River and walk up the river.

After a photo shoot at the beginning of the track the walk proceeded along the native bush track until the river was reached. The river was low so there were no river-crossing dramas but was sufficiently high to tempt some folk to need a piggy back across. Alex proved to be valiant in this area by volunteering to do a lot of the carrying, even asserting that Jenny was lighter than his backpack.



Following the crossing a brief stop was made for refreshment at the DOC Raukawa Lodge on the eastern riverbank. Much amusement was provided in watching Haydn try (unsuccessfully) to boil a billy using his new titanium cooker, whilst Alex and Peter H quickly and calmly boiled up and offered tea all round. Next we trekked about 4km up the river to Baines Hut, with lots of river crossings and over wide river flats. Sheryl soon learnt that when anyone of the experienced male trampers said, "it's just around the corner", that what they were actually meaning was, "it could be around any one of the next five corners".



Lunch was at Baines Hut where, under Lyle's guidance, a fire was lit to cook the toasted sandwiches and boil up for tea, followed by a relax in the sun. In the toasted sandwich department Vanessa went gourmet with schnitzel and lettuce, while Alex bemoaned his simple cheese sandwich, even though that's exactly what he told Lis he wanted her to make him that morning.

Following lunch down the river and back out the track to reach Catchpool at 3.30. Us slow lot didn't get back to the car park until 4.30pm



Everyone had a great day. There were only a few murmurs of sore feet and many sighs of satisfaction.

Thanks to all concerned in organising the walk and it was agreed that another walk should be arranged at sometime in the not too distant future.

Peter Shanahan and Nicola Jackman